



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2014 <i>Brunswick Senior Center</i>			CENTER CLOSED COUNTY HOLIDAY <small>New Year's Day</small>	CENTER CLOSED	Wal-Mart Shopping Trip 10:00 – 3:00	HAPPY NEW YEAR
5 Don't forget to pick up the "Puzzle of the Week"	6 CENTER CLOSED	7 9:00 Strength Training 11:00 Wii Bowling 11:45 Tuesday Trivia	8 10:30 Video Exercise 11:00 "Ask Nurse Steve " 12:45 "Bath" Bingo	9 9:00 Strength Tr. Lunch at Frederick Senior Center Program "Foot Care"	10 10:30 Video Exercise 1:00 Local shopping	11
12 We invite you to our Dinner/Dance held every third Thursday of each month. Call us for more details.	13 CENTER CLOSED	14 9:00 Strength Training 11:00 Wii 11:45 Tuesday Trivia 5:30 Card Party	15 10:30 Video Exercise 11:00 Lunch out with Friends 1:00 BINGO Brunswick H.	16 9:00 Strength Training * Special Menu 6:00 Dinner & Dance-held at Eagles Club <small>Tu B'Shevat</small>	17 10:30 Video Exercise 11:00 "Fun w/Food" 1:00 Local shopping	18 *Special Menu 100% Apple Juice, Fried Chicken, Mashed Potatoes, Gravy, Steamed Broccoli, Dinner Roll, Margarine, Apple Pie
 <small>MARTIN LUTHER KING, JR. 1929-1968</small>	20 CENTER CLOSED COUNTY HOLIDAY <small>Martin Luther King Day</small>	21 9:00 Strength Training 11:00 Wii Bowling 11:45 Trivia 12:00 Baked Potato Bar	22 10:30 Video Exercise 12:45 "Bath" Bingo	23 9:00 Strength Training 10:30 "Learn to Crochet"	24 10:30 Video Exercise 1:00 Local shopping	25 
26 <small>Australia Day</small>	27 CENTER CLOSED	28 9:00 Strength Training 11:00 Wii Bowling 11:45 Tuesday Trivia	29 10:30 Video Exercise 12:45 "Snowy" Bingo	30 10:00 Mobile I & A 11:45 Nutrition Minute "Eating Healthy in the Winter"	31 10:30 Video Exercise 1:00 Local shopping <small>Chinese New Year</small>	<i>Brunswick Senior Center</i> "Where everyone is someone"